

Washington University School of Medicine Groups Offered Over Zoom
Spring/Summer 2022 Group Offerings

Our groups coordinator, Dr. Gladys Smith is happy to answer any additional questions you may have about our group services.

- **Restorative Yoga for Ethnic and Race Based Stress and Trauma**

(Wednesdays 6:00 - 6:45pm, **monthly online restorative yoga class)**

Restorative Yoga emphasizes the deliberate practice of mindful rest. Poses are usually held for 5 minutes or more, with the body fully supported by the floor, pillows, bolsters, blankets, etc., to cultivate a sense of ease and comfort that encourages the nervous system to relax. Starts 4/6/22. First Wednesday of the month. Open to medical campus.

Zoom link: <https://wustl-hipaa.zoom.us/j/91590416995>

- **Somatic Trauma Support/Healing Group Online - Gladys Smith, PsyD**

(Thursdays at 5:00 - 6:15pm **Bi-weekly group starting 4/14/22)**

Through Deep Somatics and Mindfulness practices we will create a supportive, and communal container for healing. The group will include -Narrative work, Art therapy, Movement, and trauma processing. We will also use Group EMDR G-TEP processing. Participant will need to commit to 6 groups to get the full impact of the healing process. Open to those on the medical campus students.

- Learn body-focused approaches to track and settle the nervous system.
- Process old patterns with a far more nuanced precision.
- Increase compassion, understanding, and kindness towards the self.
- Deepen understanding of basic trauma physiology.

Zoom link: <https://wustl-hipaa.zoom.us/j/94471453536>

- **Understanding Families: Functional and Dysfunctional Gladys Smith, PsyD**

(Fridays 12:00 - 1:00pm **monthly support group- starting 4/8/22)**

A place to share, understand and gain new insight into dysfunctional family patterns. Learn about family roles, attachment styles, and how this may impact your relationships. We meet monthly and use materials from various sources. Open to those students on the medical campus.

Zoom link: <https://wustl-hipaa.zoom.us/j/91242430152>

For more information contact smithgladysa@wustl.edu